

Comparison of Menu Planning Options (Lunch) for SHAPE California agencies

	USDA Enhanced Food Based Menu Planning (EFBMP)	SHAPE Revised Standard Menu Planning (SRMP)	USDA Nutrient Standard Menu Planning (NSMP)	SHAPE NSMP (SNSMP)
Meal/Meat Alternate	Grades K-3 <i>(optional)</i> 1½ oz Grades K-12 2 oz	Grades K-6 1½ oz Grades 7-12 2 oz All grades must include ¼ cup beans per week to replace 1 oz meat.	No requirement for any one type or amount of food.	<p>SHAPE California protocol follows the USDA regulations for NSMP with the following exceptions:</p> <ul style="list-style-type: none"> • A 10% tolerance is allowed in the first year of implementation by site, (i.e., must meet 90% of calories and standards/targets or when standard is a maximum, must not exceed 110%) and a 5% tolerance for subsequent years. • Fat and saturated fat are monitored as targets. (30% and 10% of calories, respectively). • Preschool targets for fat and saturated fat are ranges. Fat 30-35% Saturated fat 10-12% • Target levels (lunch) are set for fiber (6 g.), sodium (1100 mg.), and cholesterol (100 mg.). NOTE: levels for breakfast are fiber 4 g., sodium 825 mg., and cholesterol 75 mg.. • Menus will be simple averaged by including all menu items <u>or</u> by averaging the top three items in each category. For each method, menu items that account for less than 10% should not be included in the nutrient analysis. • Must offer a minimum of three menu items, including an entrée and fluid milk, and at least two menu items must be taken. May decline any food. • Must analyze breakfast and lunch separately. • Menu item is defined solely by the way the food is offered. <p>Revised 03/01</p>
Fruits/Vegetables	Grades K-3 <i>(optional)</i> ¾ cup Grades K-6 ¾ cup plus ½ cup over a week Grades 7-12 1 cup	Grades K-3 <i>(optional)</i> ¾ cup Grades 4-12 ¾ cup Plus ½ over a week All grades must offer at least 1 cup fresh (raw) per week.	No requirement for any one type or amount of food.	
Grains/Breads	Grades K-3 <i>(optional)</i> 10 servings Grades K-6 12 servings per week Grades 7-12 15 servings per week Must follow new guidelines for determining grain/bread equivalents.	Grades K-12 12 servings per week Must offer 5 (25%) whole grain servings per week. Must follow new guidelines for determining grain/bread equivalents.	No requirement for any one type or amount of food.	
Milk	8 oz.	Same as USDA EFBMP.	Fluid milk must be offered. Quantity not specified.	
Meal Components	Same as traditional meal pattern except up to one serving grain/bread dessert can count toward the grain/bread requirement per day.	Same as traditional meal pattern except up to two desserts per week can count towards grain/bread requirement. Desserts may include foods other than grain-based with emphasis on low fat.	All foods including desserts, extras, and condiments count toward the nutrient content <u>except</u> foods of minimal nutritional value.	
Offer vs. Serve	All five required food items must be offered to students. Senior high school students and, at the discretion of the sponsor, students below senior high may be permitted to decline one or two of the required food items. Any food item(s) may decline any food.	Same as USDA EFBMP.	Must offer a minimum of three menu items, including an entrée and fluid milk, and at least two menu items must be selected. One must be an entrée. Student may decline no more than two menu items.	
Age/Grade	Two required for K-12, more are optional.	May use one size meal for all, more are optional.	At least two for K-12. May use custom age group.	
Meal Requirements	Meets the requirements if all of the meal components in the correct quantities are offered daily and weekly, and the appropriate number of items are served by serving method (offer vs. serve or traditional service) and school level (elementary, middle, and high school). Must meet USDA established nutrient standards and dietary guidelines.	Same USDA EFBMP meal pattern. NOTE: There is no breakfast pattern for this option.	Must offer a minimum of three menu items, including an entrée and fluid milk, and at least two menu items need to be served per meal. Weekly average of menu must meet calories and nutrient standards for fat, saturated fat, vitamins A and C, iron, and calcium. Monitor cholesterol, fiber, and sodium (no set levels).	